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ABSTRACT

This guide is organized around a suggested list of physical education skills that all students should know and be able to do at each grade level from kindergarten through grade 6. The guide will help provide parents, teachers, and students with knowledge of what is being taught in a logical scope and sequence by grade level. It is designed to help build a basis for curriculum development, instructional strategy, and assessment practices and provide consistency across the state of Idaho in what is being taught and learned. The skills are identified by grade level starting at kindergarten and progressing through grade 6. The skills were selected based on the knowledge of many classroom teachers, skills identified in textbook scope and sequence charts, skills measured on the Iowa Test of Basic Skills, skills measured on Idaho's direct assessments, and input from educators, patrons, and parents. There are three processes that a teacher takes the student through for each skill. Once the student achieves the skill, there are three thinking levels for determining how to use it (factual, applied/analysis, and synthesis). The teacher can develop an assessment to measure the skill. (SM)

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ED 425 165

Skills-Based Scope and Sequence Guide

Physical Education
Grades K-6

Target Skills
&
Sample Assessment Methods

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INTRODUCTION

The State Department of Education's *Skills-Based Scope and Sequence Guide* is organized around a suggested list of skills that all students should know and be able to do at each grade level from kindergarten through sixth grade. This guide will help provide parents, teachers, and students with knowledge of what is being taught in a logical scope and sequence by grade level. The purpose of this guide is to help build a basis for curriculum development, instructional strategy, and assessment practices, and provide consistency across the state in what is being taught and learned. Schools may wish to use the guide as a resource in developing and writing curriculum at the local level.

The guide has been developed as a scope and sequence by a team of teachers, parents, school board members, community representatives, patrons, and State Department of Education specialists. The listed set of skills are to be learned at a factual, applied/analysis, or synthesis/evaluation level. There are sample assessment methods included for teacher use.

How to Use the Skills Based Scope and Sequence Guide

The skills are identified by grade level starting at kindergarten then progressing through the sixth grade. The skills were selected based on knowledge of many classroom teachers, skills identified in scope and sequence charts of the textbooks on the State of Idaho textbook adoption list, skills measured on the Iowa Test of Basic Skills, skills measured on Idaho's direct assessments, and input from educators, patrons, and parents.

There are three processes that a teacher takes the student through for each skill. You will see an **X** placed in the column next to a skill where it is expected to be introduced, reinforced, and/or finally placed in long term memory. This helps the teacher determine the lesson and amount of repeated practices that will help achieve mastery of the skill.

Once the student achieves the skill the question is how to use it. We have identified three thinking levels for this ability. They are called factual, applied/analysis, and synthesis. The teacher can now develop an assessment to measure the skill. The same three thinking levels may be applied to the assessment chosen by the teacher.

It is our desire that students will be taken through the skills in a logical consistent format. Some students will be able to master the information much faster and should be allowed to progress as fast as possible through the grade levels.

Subject: Physical Education **Grade Level: K & First** **Skills-Based Scope and Sequence K-6**

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Fundamental Body Management Skills										
1. Balance	X			X			Demonstrate the ability to balance on one foot			X
2. Demonstrate coordination	X			X			Understanding that the brain works with the muscles to move	X		
3. Demonstrate laterality	X			X			Identify right and left sides of the body	X		
4. Demonstrate directionality (left, right, forward, backward)	X			X			Stand with left side to wall	X		X
5. Understand and demonstrate special awareness	X			X			Identify own space	X		
6. Understand and demonstrate body awareness	X			X			Change shapes (round, narrow, wide and twisted) by yourself or in relation to one or more partners			X
7. Understand and demonstrate body identification	X			X			Perform activity song "Head, Shoulders, Knees and Toes"			X
Fundamental Locomotor Skills										
1. Recognize the word walk(auditorily) and demonstrate the movement	X			X			Walk with head up, toes pointed straight, arms swinging freely in opposition to feet			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Recognize the word run (auditorily) and demonstrate the movement	X			X			Run lightly, carry knees forward and swinging hands and arms forward			X
3. Recognize the word hop (auditorily) and demonstrate the movement	X			X			Hop five times consecutively on the right foot; hop five time consecutively on the left foot			X
4. Recognize the word jump (auditorily) and demonstrate the movement	X			X			Recognize the difference between a jump and a hop	X	X	
5. Recognize the word leap (auditorily) and demonstrate the movement	X			X			Identify through observation the skill of leaping	X	X	
6. Recognize the word gallop (auditorily) and demonstrate the movement	X			X			Participate in an activity requiring the skill of galloping			X
7. Recognize the word side (auditorily) and demonstrate the movement	X			X			Perform the movement of step slide, step slide			X
8. Recognize the word skip (auditorily) and demonstrate the movement	X			X			Identify through observation the skill of skipping	X	X	
Fundamental Nonlocomotor Skills										
1. Bend	X			X			Recognize the skill of bending in a movement activity	X		

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Stretch	X			X			Recognize the skill of stretching in a movement activity	X		
3. Twist	X			X			Recognize the skill of twisting in a movement activity	X		
4. Turn	X			X			Recognize the skill of turning in a movement activity	X		
5. Swing	X			X			Recognize the skill of swinging in a movement activity	X		
6. Sway	X			X			Recognize the skill of swaying in a movement activity	X		
7. Push	X			X			Recognize the skill of pushing in a movement activity	X		
8. Pull	X			X			Recognize the skill of pulling in a movement activity	X		
Fundamental Manipulative Skills										
1. Throw	X			X			Roll a variety of size, weight and shape objects with varying amounts of force			X
2. Catch	X			X			Toss a ball or bean bag above you head and catch it			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Kick	X			X			Kick a still ball			X
4. Strike	X			X			Keep a balloon in the air using different body parts			X
5. Bounce	X			X			Catch a bounced ball			X
Skill-Related Fitness										
1. Demonstrate balance	X			X			Walk the length of a balance beam 10 feet long X four inches wide			X
2. Demonstrate agility	X			X			Start and stop on command			X
3. Demonstrate speed	X			X			Run a designated distance for time			X
4. Demonstrate coordination	X			X			Understand that the brain works with muscles to move	X		
5. Demonstrate power	X			X			Demonstrate a jump and reach			X
Health-Related Fitness										
1. Learn and demonstrate knowledge of cardiovascular fitness	X			X			Feel the difference between a resting heart rate and a heart rate after extended activity			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Learn and demonstrate flexibility	X			X			Demonstrate the ability to stretch and bend the body with ease			X
3. Learn and demonstrate muscular strength	X		X				Perform a bent knee push-up			X
Creative Rhythms										
1. Understand tempo, beat, meter, accent, mood, intensity, phrase and rhythmic patterns	X			X	X	X	Keep time to the beat using various body parts		X	X
2. Interpret and move to different rhythms	X			X	X	X	Mirror (repeat) a given rhythm			X
3. Use props as a means of creative expression; i.e. alphabet, numbers, and music.	X			X	X	X	Develop a creative movement routine using props			X
Folk Dance										
1. Learn formations, i.e., scattered, circle, square, lines, star...	X			X		X	Move into directed formation on teacher command	X	X	X
2. Show sequencing of locomotor and nonlocomotor skills	X				X	X	Perform a step-together-step locomotor pattern (slide)	X		X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Display a knowledge of established patterns	X			X		X	Participate in the "Hokey Pokey"			X
4. Recognize partner and nonpartner groupings	X			X	X		Demonstrate finding a partner	X	X	X
5. Recognize cultural heritage and origins of various folk dances	X			X	X		Identify origin of "Mexican Hat Dance"	X		
6. Acknowledge etiquette associated with folk dance	X			X		X	Demonstrate bow or curtsey to a partner	X		X
Social Dance										
1. Learn formations, i.e., scattered, circle, square, lines, star	X			X		X	Move into directed formation on teacher command	X	X	X
2. Show sequencing of locomotor and nonlocomotor skills	X				X	X	Clap on thighs, hands then partner's hands three times quickly then slide three times	X		X
3. Exhibit a knowledge of established patterns	X			X		X	Participate in "Old Grey Mare"			X
4. Recognize partner and nonpartner groupings	X			X	X		Move from individual position to promenade position	X	X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Rope Jumping										
1. Assess rope size	X			X	X	X	Assess rope size	X	X	X
2. Turn the rope	X					X	Turn the rope	X		X
3. Identify and perform various foot patterns	X			X		X	Identify and perform various foot patterns	X		X
4. Identify and perform various rope patterns	X			X	X		Perform various rope patterns	X	X	X
5. Work with two or more individuals to turn and jump with long rope	X					X	Work with two or more individuals to turn and jump with long rope			X
6. Identify rules of rope jumping and recognize associated songs	X			X			Jump according to rules and simple songs	X	X	X
Juggling										
1. Learn to juggle with scarves	X				X	X	Juggle scarves		X	X
Games										
1. Demonstrate knowledge of rules for age-appropriate games	X			X			Play games such as Jack Frost and Jane Thaw, Popcorn, the Scarecrow and the Crows, Frozen Tag, Lame Wolf, and One, Two, Button My Shoe	X	X	X

Target Skills	Introduced	Reinforced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Stunts and Tumbling Fundamentals										
1. Understand and demonstrate animal walks	X			X			Perform a variety of animal walks	X	X	X
2. Understand and demonstrate mimetics	X			X			Perform a variety of mimetic activities	X	X	X
3. Understand and demonstrate forward movements	X			X			Execute a slow forward roll to a sit			X
4. Understand and demonstrate backward movements	X			X			Perform a back rocker			X
5. Understand and demonstrate sidewards movements	X			X			Execute a log roll and egg roll			X
6. Demonstrate formations	X			X			Perform a ring the dish rag			X
Sports Skills/Basketball Fundamentals										
1. Dribble	X			X			Drop ball, let it bounce and catch it			X
2. Pass	X			X			Underhand toss ball to a partner			X
3. Catch	X			X			Catch ball underhand tossed by partner			X
4. Shoot	X			X			Toss a ball underhand at a target			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Sport Skills/Soccer Fundamentals										
1. Dribble	X			X			Dribble a soccer ball with the inside of the foot a prescribed distance			X
2. Trap	X			X			Stop or trap a rolled ball			X
3. Head	X			X			Demonstrate proper heading technique using a balloon or foam ball			X
Sports Skills/Softball Fundamentals										
1. Throw	X			X			Throw a softball to a partner using an underhand motion			X
2. Catch	X			X			Catch a tossed object			X
3. Bat	X			X			Hit a ball off a tee		X	X
4. Understand and execute base running	X			X			Identify location of bases and direction for base running	X	X	X
Sport Skills/Racquet Fundamentals										
1. Understand and demonstrate gripping	X			X			Apply a specific grip			X
2. Understand and demonstrate striking	X			X			Dribble a ball with a racquet or paddle			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Sport Skills/Track and Field Fundamentals										
1. Understand and demonstrate running	X			X			Demonstrate proper arm action while running.			X
2. Understand and demonstrate starting	X			X			Execute a standing start at a starting line	X		X
3. Understand and demonstrate jumping	X			X			Execute a standing jump for distance			X
4. Understand and demonstrate landing	X			X			Demonstrate a proper landing position for a standing jump			X
Sports Skills/Volleyball Fundamentals										
1. Demonstrate receiving	X			X			Receive a balloon tossed in the air by a partner			X
2. Demonstrate passing	X			X			Strike a balloon in the air to a partner			X
Personal and Social Behavior										
1. Apply, with teacher reinforcement, classroom rules and procedures	X			X	X	X	Know and comply with the rules for participating in the gymnasium and on the playground	X		X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
							Work in a group setting without interfering with others			X
							Respond to teacher signals for attention			X
							Respond to rule infractions when reminded once			X
							Follow directions given to the class for an all-class activity			X
2. Apply, with teacher reinforcement, safe practices	X			X	X	X	Handle equipment safely.			X
							Transfer rules of the gym to "rules of the playground"		X	X
3. Share space and equipment with others	X			X	X	X	Take turns using equipment			X
							Accurately identify and explain the importance of a characteristic of sharing	X	X	
							Demonstrate cooperation with others in group tasks			X
4. Recognize the joy of shared play	X			X	X	X	Demonstrate willingness to join in an activity			X

Target Skills	Introduced	Reinforced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
							Recognize that sharing with others can lead to positive feelings of acceptance and belonging to the group		X	X
5. Interact positively with students in class regardless of personal differences (e.g., race, gender, disability)	X			X	X	X	Choose playmates without regard to personal differences			X
6. Understand and demonstrate the Golden Rule (do unto others as you would have them do unto you)	X			X	X		Behave according to the Golden Rule	X	X	
Values										
1. Engage in physical activities	X			X		X	Demonstrate active involvement in physical activity			X
2. Associate positive feelings with participation in physical activity	X			X	X		Identify feelings that result from participation in physical activities		X	
							Show both verbal and nonverbal indicators of enjoyment			X
							Look forward to physical education classes		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Try new movement activities and skills	X				X	X	Demonstrate enthusiasm for new activities introduced in class			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Fundamental Body Management Skills										
1. Understand and demonstrate balance		X		X	X	X	Maintain body balance in a variety of positions			X
2. Demonstrate coordination		X		X	X	X	Mirror the movements of a leader or partner			X
3. Demonstrate laterality		X		X	X	X	Identify right and left sides of the body	X		
4. Demonstrate directionality		X		X	X	X	Stand with right side to partner's left side			X
5. Understand and demonstrate spacial awareness		X		X	X	X	Identify own space	X		
6. Understand and demonstrate body awareness		X		X	X	X	Change shapes (round, narrow, wide and twisted) by yourself or in relation to one or more partners			X
7. Understand and demonstrate body identification		X		X	X	X	Balance using hand, foot and elbow	X		X
Fundamental Locomotor Skills										
1. Recognize the word walk (visually) and demonstrate the movement		X		X	X	X	Walk with head up, toes pointed straight, arms swinging freely in opposition to feet			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Recognize the word run (visually) and demonstrate the movement		X		X	X	X	Run lightly, carry knees forward and swinging hands and arms forward			X
3. Recognize the word hop (visually) and demonstrate the movement		X		X	X	X	Hop five times consecutively on the right foot; hop five times consecutively on the left foot			X
4. Recognize the word jump (visually) and demonstrate the movement		X		X	X	X	Recognize the difference between a jump and a hop	X	X	
5. Recognize the word leap (visually) and demonstrate the movement		X		X	X	X	Perform the skill of leaping			X
6. Recognize the word gallop (visually) and demonstrate the movement		X		X	X	X	Participate in an activity requiring the skill of galloping			X
7. Recognize the word slide (visually) and demonstrate the movement		X		X	X	X	Identify the difference between a step slide and a gallop	X	X	
8. Recognize the word skip (visually) and demonstrate the movement		X		X	X	X	Perform the skill of skipping			X
Fundamental Nonlocomotor Skills										
1. Recognize the word bend (visually) and demonstrate the movement		X	X	X	X	X	Perform the skill of bending in a movement activity			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Recognize the word stretch (visually) and demonstrate the movement		X	X	X	X	X	Perform the skill of stretching in a movement activity			X
3. Recognize the word twist (visually) and demonstrate the movement		X	X	X	X	X	Perform the skill of twisting in a movement activity			X
4. Recognize the word turn (visually) and demonstrate the movement		X	X	X	X	X	Perform the skill of turning in a movement activity			X
5. Recognize the word swing (visually) and demonstrate the movement		X	X	X	X	X	Perform the skill of swinging in a movement activity			X
6. Recognize the word sway (visually) and demonstrate the movement		X	X	X	X	X	Perform the skill of swaying in a movement activity			X
7. Recognize the word push (visually) and demonstrate the movement		X	X	X	X	X	Perform the skill of pushing in a movement activity			X
8. Recognize the word pull (visually) and demonstrate the movement		X	X	X	X	X	Perform the skill of pulling in a movement activity			X
Fundamental Manipulative Skills										
1. Throw		X		X	X	X	Demonstrate the difference between an overhand and underhand throw	X	X	X
2. Catch		X		X	X	X	Toss a ball or bean bag above your head and catch it			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Kick		X		X	X	X	Kick a moving ball			X
4. Strike		X		X	X	X	Strike yarn ball or tennis ball with extension of hand (racquet, paddle, or bat)			X
5. Bounce		X		X	X	X	Throw a ball at wall, bounce ball off wall then floor and catch			X
Skill-Related Fitness										
1. Understand and demonstrate balance		X		X		X	Walk forwards and backwards on a 10 foot long X four inch wide balance beam			X
2. Demonstrate agility		X		X		X	Start and stop, change directions and levels			X
3. Understand and demonstrate speed		X		X		X	Run a designated distance for time			X
4. Demonstrate coordination		X		X		X	Mirror the movements of a leader or partner			X
5. Understand and demonstrate power		X		X		X	Demonstrate a jump and reach			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Health-Related Fitness										
1. Learn and demonstrate knowledge of cardiovascular fitness		X		X			Feel the difference between a resting heart rate and a heart rate after extended activity			X
2. Learn and demonstrate flexibility		X		X			Demonstrate the ability to stretch and bend the body with ease			X
3. Learn and demonstrate muscular strength		X		X			Perform a modified sit-up			X
Creative Rhythms										
1. Understand tempo, beat, meter, accent, mood, intensity, phrase and rhythmic patterns		X		X	X	X	Keep time to the beat using various body parts		X	X
2. Interpret and move to different rhythms		X		X	X	X	Exhibit various locomotor movements to a beat			X
3. Use props as a means of creative expression. Use props which teach mathematics and geography.		X		X	X	X	Using props develop a creative movement routine			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Folk Dance										
1. Learn formations, i.e., scattered, circle, square, lines, star...		X		X	X	X	Perform a right-hand star using four people	X		X
2. Show sequencing of locomotor and nonlocomotor skills		X			X	X	Perform a step-stomp-stomp pattern	X		X
3. Display a knowledge of established patterns		X		X		X	Participate in a simple square dance			X
4. Recognize partner and nonpartner groupings		X		X	X		Move from an individual position to a do-si-do	X		X
5. Recognize cultural heritage and origins of various folk dances		X		X	X		Identify the country associated with a specific dance	X		
6. Acknowledge and apply etiquette associated with folk dance		X		X		X	Demonstrate bow or curtsey to a partner	X		X
Social Dance										
1. Learn formations, i.e., scattered, circle, square, lines, star...		X		X	X	X	Move from a scattered formation to a circle	X		X
2. Show sequencing of locomotor and nonlocomotor skills		X			X	X	Change from a gallop in scattered formation to a walk in a circle, stop in circle and bend and sway	X	X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Exhibit a knowledge of established patterns		X		X		X	Participate in a simple line dance			X
4. Recognize partner and nonpartner groupings		X		X	X		Form a simple arch with a partner	X		X
5. Acknowledge and apply etiquette associated with social dance	X			X		X	Hold partner's hand with soft grip			X
Rope Jumping										
1. Assess rope size		X		X	X	X	Assess rope size	X	X	X
2. Turn the rope		X				X	Turn the rope smoothly			X
3. Identify and perform various foot patterns		X		X	X	X	Identify and perform various foot patterns	X	X	X
4. Identify and perform various rope patterns		X		X	X	X	Perform various rope patterns	X	X	X
5. Work with two or more individuals to turn and jump with long rope		X				X	Work with two or more individuals to turn and jump with long rope			X
Juggling										
1. Learn to juggle with scarves		X			X	X	Juggle scarves with continuous movement		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Games										
1. Demonstrate knowledge of rules for age-appropriate games	X			X			Play games such as Cat and Mice, Hot Potatoes, Red Light, Bottle Bat Ball, and Flowers and Wind	X	X	X
Stunts and Tumbling Fundamentals										
1. Understand and demonstrate animal walks		X		X			Perform a variety of animal walks	X	X	X
2. Understand and demonstrate mimetics		X		X			Perform a variety of mimetic activities	X	X	X
3. Understand and demonstrate forward movements		X		X			Execute a slow forward roll to grasp knees			X
4. Understand and demonstrate forward movements		X		X			Perform a back rocker			X
5. Understand and demonstrate sideward movements		X		X			Execute a log roll and egg roll			X
6. Understand and demonstrate formations		X		X			Execute a Chinese get-up			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Sport Skills/Basketball Fundamentals										
1. Dribble		X		X			Dribble ball with each hand; emphasize proper technique			X
2. Pass		X		X			Bounce pass to a partner			X
3. Catch		X		X			Catch a bounce pass from a partner			X
4. Shoot		X		X			Toss a ball underhand at a target			X
Sport Skills/Soccer Fundamentals										
1. Dribble		X		X	X	X	Dribble a soccer ball with the inside and outside of the foot a prescribed distance			X
2. Trap		X		X	X	X	Stop or trap a rolled ball			X
3. Head		X		X	X	X	Using a balloon or foam ball, head to a partner			X
Sport Skills/Softball Fundamentals										
1. Throw		X		X	X	X	Using an underhand motion throw a softball to a partner			X
2. Catch		X		X	X	X	Catch a tossed object			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Bat		X		X		X	Hit a ball off a tee		X	X
4. Understand and execute base running		X		X		X	Identify location of bases and direction for base running	X	X	X
Sport Skills/Racquet Fundamentals										
1. Understand and demonstrate gripping		X		X	X		Apply a specified grip			X
2. Understand and demonstrate striking		X		X			Dribble a ball with a racquet or paddle			X
Sport Skills/Track and Field Fundamentals										
1. Understand and demonstrate running		X		X		X	Demonstrate proper arm action while running			X
2. Understand and demonstrate starting		X		X			Execute a standing start at a starting line	X		X
3. Understand and demonstrate jumping		X		X		X	Execute a standing jump for distance			X
4. Understand and demonstrate landing		X		X			Demonstrate a proper landing position for a standing jump			X

Target Skills	Introduced	Reinforced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Sport Skills/Volleyball Fundamentals										
1. Understand and demonstrate receiving		X		X		X	Receive a beach ball tossed in the air by a partner			X
2. Understand and demonstrate passing		X		X		X	Strike a beach ball in the air to a partner			X
Personal and Social Behavior										
1. Apply rules and procedures with little or no reinforcement		X		X	X	X	Respond positively to an occasional reminder about a rule infraction			X
2. Apply safe practices with little or no reinforcement		X		X	X	X	Use equipment and space safely and properly		X	X
							Work safely without colliding and with an awareness of each other		X	X
3. Follow directions		X		X		X	Practice specific skills as assigned until teacher signals the end of practice			X
							Stop activity immediately at the signal to do so	X	X	X
							Complete assignment as directed	X	X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
4. Work cooperatively with another to complete an assigned task.		X		X	X	X	Invite a peer to take his or her turn at a piece of apparatus before repeating a turn		X	X
							Assist partner by sharing observations about skill performance during practice		X	X
5. Play and cooperate with others regardless of personal differences (e.g., gender, ethnicity, disability)		X		X	X	X	Appreciate the benefits that accompany cooperation and sharing		X	X
6. Treat others with respect during play		X			X	X	Display consideration of others in physical activity settings		X	X
7. Resolve conflicts in socially acceptable ways	X			X	X	X	Identify alternative and socially acceptable methods of resolving the conflict		X	X
8. Understand and demonstrate the Golden Rule		X		X	X	X	Exhibit behavior congruent with the Golden Rule	X	X	X
Values										
1. Gain competence to provide increased enjoyment in movement		X				X	Continue to participate when not successful on the first try			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Express feelings about and during physical activity		X			X	X	Accept the feelings resulting from challenges, successes, and failures i physical activity		X	X
							Use movement to express feelings			X
							Verbally express feelings that result from participation in physical activities			X
3. Try new activities		X			X	X	Willingly try new activities as introduced in class			X
4. Enjoy interaction with friends through physical activity		X				X	Appreciate the benefits that accompany cooperation and sharing		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Fundamental Body Management Skills										
1. Understand and demonstrate balance		X		X	X	X	Maintain body balance in a variety of positions			X
2. Demonstrate coordination		X		X	X	X	Mirror the movements of a leader or partner			X
3. Demonstrate laterality		X		X	X	X	Perform unilateral, bilateral and cross-lateral movements			X
4. Understand and demonstrate directionality		X		X	X	X	Start, stop, change directions in response to a signal			X
5. Understand and demonstrate spacial awareness			X	X	X	X	Demonstrate awareness of personal and general space while interacting with other students in game situations			X
6. Understand and demonstrate body awareness			X	X	X	X	Combine shapes, levels, and pathways into simple sequences		X	X
7. Understand and demonstrate body identification			X	X	X	X	Identify five of the major muscles, bones, or joints	X		
Fundamental Locomotor Skills										
1. Walk			X	X	X	X	Perform a mature power stride			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Run			X	X	X	X	Apply a correct running technique in activity situations			X
3. Hop			X	X	X	X	Perform a hop in a skill-related activity			X
4. Jump		X		X	X	X	Recognize the difference between a vertical and horizontal jump	X	X	
5. Leap		X		X	X	X	Clarify the difference between a leap and a jump	X	X	
6. Gallop		X		X	X	X	Perform a gallop in an activity			X
7. Slide			X	X	X	X	Analyze the difference between a slide and a gallop	X	X	
8. Skip		X		X	X	X	Explain the step-hop pattern of a skip	X	X	
Fundamental Manipulative Skills										
1. Throw		X		X	X	X	Execute an overhand throw with varying amounts of force and distance		X	X
2. Catch		X		X	X	X	Exhibit proper catching technique using an object thrown from a variety of distances with varying force		X	X
3. Kick		X		X	X	X	Kick a ball at low or high targets			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
4. Strike		X		X	X	X	Toss a ball in the air and strike it with an extension of the hand			X
5. Bounce		X		X	X	X	Bounce pass a ball so a partner can catch it.			X
Skill-Related Fitness										
1. Understand and demonstrate balance		X		X	X	X	Maintain body balance in a variety of positions			X
2. Understand and demonstrate agility		X		X	X	X	Perform the shuttle run			X
3. Understand and demonstrate speed		X		X	X	X	Run a designated distance for time			X
4. Understand and demonstrate coordination		X		X	X	X	Mirror the movements of a leader or partner	X		X
5. Understand and demonstrate power		X		X	X	X	Perform a jump and reach			X
Health-Related Fitness										
1. Learn and demonstrate knowledge of cardiovascular fitness		X		X	X	X	Perform an aerobic ability assessment			X
2. Learn and demonstrate flexibility		X		X	X	X	Recognize different levels of flexibility	X	X	

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Learn and demonstrate muscular strength		X		X	X	X	Describe muscular strength and perform a designated muscular strength activity	X	X	X
4. Learn and demonstrate muscular endurance	X			X	X	X	Describe muscular endurance and perform a designated muscular endurance activity	X	X	X
Creative Rhythms										
1. Understand tempo, beat, meter, accent, mood, intensity, phrase and rhythmic patterns		X		X	X	X	Perform a variety of locomotor skills in rhythmic patterns			X
2. Interpret and move to different rhythms		X		X	X	X	Exhibit various locomotor movements to changing accents			X
3. Use props as a means of creative expression. Use props which teach mathematics and geography.		X		X	X	X	Using props develop a creative movement routine			X
Folk Dance										
1. Learn formations, i.e., scattered, circle, square, lines, star...		X		X	X	X	Explain a circle formation	X		
2. Show sequencing of locomotor and nonlocomotor skills		X			X	X	Execute a step-step-hop then turn in place			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Display a knowledge of established patterns		X		X		X	Participate in an intermediate level square dance			X
4. Recognize partner and nonpartner groupings		X		X	X		Change groupings according to dance directions		X	X
5. Recognize cultural heritage and origins of various folk dance		X		X			Identify the country associated with a specific dance	X		
6. Acknowledge etiquette associated with folk dance		X		X		X	Show respect towards a variety of partners			X
Social Dance										
1. Learn formations, i.e., scattered, circle, square, lines, star...		X		X	X	X	Move from a line to a square	X		
2. Show sequencing of locomotor and nonlocomotor skill		X			X	X	Execute a step-quarter turn	X		X
3. Exhibit a knowledge of established patterns		X		X		X	Participate in an intermediate level line dance			X
4. Recognize partner and nonpartner groupings		X		X	X		Change groupings according to dance directions		X	X
5. Acknowledge and apply etiquette associated with social dance		X		X		X	Show respect towards a variety of partners			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Rope Jumping										
1. Assess rope size			X	X	X	X	Assess rope size	X	X	X
2. Turn the rope		X				X	Turn the rope using smooth, continuous circular movements			X
3. Identify and perform various foot patterns		X		X	X	X	Identify and perform various foot patterns	X	X	X
4. Identify and perform various rope patterns		X		X	X	X	Perform various rope patterns	X	X	X
5. Work with two or more individuals to turn and jump with long rope		X				X	Work with two or more individuals to turn and jump with long rope			X
Games										
1. Demonstrate knowledge of rules for age-appropriate games	X	X		X			Play games such as Busy Bee, Crows and Cranes, Capture the Treasure, Jump the Shot, and Galloping Lizzie	X	X	X
Juggling										
1. Juggle with scarves		X			X	X	Juggle scarves		X	X
1. Juggle with bean bags	X				X	X	Juggle bean bags		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Stunts and Tumbling Fundamentals										
1. Understand and demonstrate animal walks		X		X	X	X	Use a variety of animal walks in activity situation	X	X	X
2. Understand and demonstrate mimetics			X	X	X	X	Perform a variety of mimetic activities	X	X	X
3. Understand and demonstrate forward movements		X		X	X	X	Execute a forward roll to squat			X
4. Understand and demonstrate backward movements		X		X	X	X	Execute a backward shoulder roll			X
5. Understand and demonstrate sidewards movements		X		X	X	X	Describe a cartwheel	X	X	
6. Understand and demonstrate formations		X		X	X	X	Explain and perform a three-person pyramid	X	X	X
Sports Skills/Basketball Fundamentals										
1. Dribble		X		X	X	X	Dribble ball with either hand while walking			X
2. Pass		X		X	X	X	Execute a chest pass			X
3. Catch		X		X	X	X	Catch a tossed object			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
4. Shoot		X		X		X	Perform a two-handed set shot using proper technique			X
5. Defend	X			X		X	Demonstrate a mirroring technique with a partner			X
6. Pivot	X			X	X	X	Describe a pivot	X	X	
Sport Skills/Football Fundamentals										
1. Pass	X			X	X	X	Using an overhand throw, pass a football to a target			X
2. Catch	X			X	X	X	Catch a football while standing stationary			X
3. Kick	X			X	X	X	Demonstrate kicking a football off of a tee at a target			
4. Center	X			X	X	X	Describe and perform the proper technique for centering stance	X		X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Sport Skills/Hockey Fundamentals										
1. Understand and demonstrate stick handling	X			X	X	X	Explain techniques for gripping a hockey stick	X	X	
2. Dribble	X			X	X	X	Dribble a puck a prescribed distance			X
3. Pass	X			X	X	X	Execute a proper hockey puck pass o a partner			X
4. Shoot	X			X	X	X	Shoot to a goal from a stationary position			X
5. Understand and demonstrate goal keeping	X			X	X	X	Explain the role of a goal keeper	X	X	
Sport Skills/Soccer Fundamentals										
1. Dribble		X		X	X	X	Dribble a soccer ball around several obstacles			X
2. Trap		X		X	X	X	Stop a ball at various angles using a foot trap			X
3. Head		X		X	X	X	Head a tossed foam ball back to a partner while in a stationary position			X
4. Shoot	X			X	X	X	Kick a stationary ball at a target			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval.	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
5. Pass	X			X	X	X	Pass to a stationary target			X
6. Understand and demonstrate goal keeping	X			X	X	X	Explain the role of goal keeper	X	X	
Sport Skills/Softball Fundamentals										
1. Throw		X		X	X	X	Using an overhand motion throw a softball to a target			X
2. Catch		X		X	X	X	Catch a ball at various levels and absorb the force		X	X
3. Bat		X		X		X	Demonstrate proper stance for batting	X	X	
4. Understand and execute base running		X		X		X	Execute the proper sequence for base running		X	X
5. Understand an demonstrate fielding	X			X		X	Field a slow rolling ground ball		X	X
Sport Skills/Racquet Fundamentals										
1. Understand and demonstrate gripping		X		X	X	X	Apply a specified grip			X
2. Understand and demonstrate striking		X		X	X	X	Dribble a ball with a racquet or paddle			X

Target Skills	Introduced	Reinforced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Understand and demonstrate serving	X			X		X	Execute a drop serve over an object		X	X
Sport Skills/Track and Field Fundamentals										
1. Understand and demonstrate running		X		X	X	X	Describe the differences between a sprint and a distance race	X	X	
2. Understand and demonstrate starting		X		X		X	Show a sprint start			X
3. Understand and demonstrate jumping		X		X	X	X	Execute a running long jump for distance			X
4. Understand and demonstrate landing		X		X	X	X	Demonstrate a proper landing position for a long jump			X
5. Understand and demonstrate throwing	X			X	X	X	Recognize and utilize the restraining line used for the softball throw	X	X	X
6. Understand and demonstrate baton passing	X			X	X	X	Demonstrate proper hand exchange while stationary			X
Sport Skills/Volleyball Fundamentals										
1. Understand and demonstrate receiving		X		X		X	Demonstrate the body position to receive a pass	X		X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Understand and demonstrate passing		X		X		X	Demonstrate the proper hand position to execute a pass	X		X
3. Understand and demonstrate serving	X			X	X	X	Explain the technique of an underhand serve	X	X	
Personal and Social Behavior										
1. Follow, with few reminders, activity-specific rules, procedures, and etiquette	X	X		X	X	X	Accept the teacher's decision regarding a personal rule infraction without displaying negative reactions toward others			X
2. Utilize safety principles in activity situations		X		X		X	Arrange sports equipment safely in a manner appropriate to the task		X	X
							Identify appropriate safety practices, rules, etc. for chosen activities	X	X	X
3. Work cooperatively and productively with a partner or a small group		X			X	X	Take seriously their role to help one another become better at the skills involved		X	X
4. Work independently and on-task for short periods of time		X		X	X	X	Demonstrate on-task activity 90% of the time			X
5. Understand and demonstrate the Golden Rule		X		X	X	X	Exhibit behavior congruent with the Golden Rule	X	X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Values										
1. Explore cultural/ethnic self-awareness through participation in physical activity		X		X	X	X	Demonstrate a knowledge of his/her cultural/ethnic roots	X	X	X
2. Recognize the attributes that individuals with differences can bring to group activities		X		X	X	X	Demonstrate acceptance of the skills and abilities of others through verbal and nonverbal behavior		X	X
3. Experience differences and similarities among people of different backgrounds by participating in activities of national, cultural, and ethnic origins		X		X	X	X	Indicate respect for persons from different backgrounds and the cultural significance they attribute to various games, dances and physical activities	X	X	X
4. Experience enjoyment while participating in physical activity		X		X	X	X	Experience positive feelings as a result of involvement in physical activity		X	X
							Celebrate personal successes and achievements as well as those of others		X	X
5. Enjoy practicing activities to increase skill competence		X			X	X	Express personal satisfaction in his or her accomplishment		X	X
6. Interact with friends while participating in group activities		X				X	Contribute as a participating member of a group			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
7. Use physical activity as a means of self-expression		X				X	Design games, gymnastics, and dance sequences that are personally interesting	X	X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Fundamental Body Management										
1. Understand and demonstrate balance		X		X	X	X	Demonstrate control in both static and dynamic balance situations			X
2. Understand and demonstrate coordination		X		X	X	X	Mirror the movements of a leader or partner			X
3. Understand and demonstrate laterality			X	X	X	X	Perform unilateral, bilateral and cross-lateral movements			X
4. Understand and demonstrate directionality			X	X	X	X	Start, stop, change directions in response to a signal			X
5. Understand and demonstrate spacial awareness			X	X	X	X	Demonstrate awareness of personal and general space while interacting with other students in game situations			X
6. Understand and demonstrate body awareness			X	X	X	X	Combine shapes, levels, and pathways into simple sequences		X	X
7. Understand and demonstrate body identification			X	X	X	X	Identify five of the major muscles, bones, or joints	X		
Fundamental Locomotor Skills										
1. Walk			X	X	X	X	Perform a mature power stride			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Run			X	X	X	X	Apply a correct running technique in activity situations			X
3. Hop			X	X	X	X	Perform a hop in a skill-related activity			X
4. Jump			X	X	X	X	Recognize the difference between a vertical and horizontal jump	X	X	
5. Leap		X		X	X	X	Clarify the difference between a leap and a jump	X	X	
6. Gallop			X	X	X	X	Perform a gallop in an activity			X
7. Slide			X	X	X	X	Analyze the difference between a slide and a gallop	X	X	
8. Skip			X	X	X	X	Explain the step-hop pattern of a skip	X	X	
Fundamental Manipulative Skills										
1. Throw		X		X	X	X	Execute an overhand throw with varying amounts of force and distance		X	X
2. Catch		X		X	X	X	Exhibit proper catching technique using an object thrown from a variety of distances with varying force		X	X
3. Kick		X		X	X	X	Kick a ball at low or high targets			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
4. Strike		X		X	X	X	Strike different objects with hand or hand extension sending them toward still and moving objects			X
5. Bounce		X		X	X	X	Bounce a ball consecutively while walking			X
Skill-Related Fitness										
1. Understand and demonstrate balance		X		X	X	X	Maintain body balance in a variety of positions			X
2. Understand and demonstrate agility		X		X	X	X	Perform the shuttle run			X
3. Understand and demonstrate speed		X		X	X	X	Run a designated distance for time			X
4. Understand and demonstrate coordination		X		X	X	X	Mirror the movements of a leader or partner	X		X
5. Understand and demonstrate power		X		X	X	X	Perform a jump and reach			X
Health-Related Fitness										
1. Learn and demonstrate knowledge of cardiovascular fitness		X		X	X	X	Perform an aerobic ability assessment			X
2. Learn and demonstrate flexibility		X		X	X	X	Recognize different levels of flexibility	X	X	

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Learn and demonstrate muscular strength		X		X	X	X	Describe muscular strength and perform a designated muscular strength activity	X	X	X
4. Learn and demonstrate muscular endurance	X			X	X	X	Describe muscular endurance and perform a designated muscular endurance activity	X	X	X
5. Demonstrate understanding of body composition	X			X	X	X	Demonstrate knowledge of body fat and lean body mass	X		
Creative Rhythms										
1. Understand tempo, beat, meter, accent, mood, intensity, phrase and rhythmic patterns		X		X	X	X	Perform a variety of locomotor skills in rhythmic patterns using various tempos, accents, and intensities			X
2. Interpret and move to different rhythms		X		X	X	X	Create an original routine using movement patterns with even and uneven rhythms		X	X
3. Use props as a means of creative expression which incorporates academic studies.		X		X	X	X	Develop a creative movement routine using props			X
Folk Dance										
1. Learn formations, i.e., scattered circle, square, lines, star...		X		X	X	X	Explain a star formation	X	X	

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Show sequencing of locomotor and nonlocomotor skills		X		X	X	X	Perform a forward bend while sliding through an arch	X		X
3. Display a knowledge of established patterns		X		X		X	Participate in an intermediate level round dance			X
4. Recognize partner and nonpartner groupings		X		X	X		Change groupings according to dance directions		X	X
5. Recognize cultural heritage and origins of various folk dances		X		X	X		Investigate the origins of various folk dances	X		
6. Acknowledge etiquette associated with folk dance		X		X		X	Show respect towards a variety of partners			X
Social Dance										
1. Learn formations, i.e., scattered, circle, square, lines, star...		X		X	X	X	Explain a double circle formation	X	X	
2. Show sequencing of locomotor and nonlocomotor skills		X			X	X	Execute a rock-step in opposition to a partner while holding hands, drop hands and twist torso			X
3. Exhibit a knowledge of established patterns		X		X		X	Execute slow-slow-quick-quick movement of feet			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
4. Recognize partner and nonpartner groupings		X		X	X		Change groupings according to dance directions		X	X
5. Acknowledge and apply etiquette associated with social dance		X		X		X	Show respect towards a variety of Partners			X
Rope Jumping										
1. Turn the rope		X				X	Turn the rope using wrist and forearm			X
2. Identify and perform various foot patterns		X		X	X	X	Identify and perform various foot patterns	X	X	X
3. Identify and perform various rope patterns		X		X	X	X	Perform various rope patterns (change direction of rope, side swing and jump)	X	X	X
4. Work with two or more individuals to turn and jump with long rope		X				X	Work with two or more individuals to turn and jump with long rope			X
Juggling										
1. Juggling with scarves		X			X	X	Juggle scarves without dropping and with continuous movement		X	X
2. Juggle with bean bags	X				X	X	Juggle bean bags		X	X
3. Juggle with balls	X				X	X	Juggle balls		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Games										
1. Demonstrate knowledge of rules for age-appropriate games	X	X		X			Play games such as Addition Tag, Cageball Kick-Over, Loose Caboose, Nine Lives, Squat Tag, and Whistle Mixer correctly	X	X	X
Stunts and Tumbling Fundamentals										
1. Understand and demonstrate animal walks		X		X	X	X	Use a variety of animal walks in activity situation	X	X	X
2. Understand and demonstrate forward movements		X		X	X	X	Execute a forward straddle roll			X
3. Understand and demonstrate backward movements		X		X	X	X	Complete a tuck backward roll			X
4. Understand and demonstrate sideward movements		X		X	X	X	Perform a cartwheel			X
5. Understand and demonstrate formations		X		X	X	X	Explain and perform a thigh stand	X	X	X
Sports Skills/Basketball Fundamentals										
1. Dribble		X		X	X	X	Dribble ball with either hand while changing levels, speed and hands			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Pass		X		X	X	X	Execute a two handed overhead pass			X
3. Catch		X		X	X	X	Catch a two-handed overhead pass from a partner			X
4. Shoot		X		X		X	Perform a one-handed set shot using proper technique			X
5. Defend	X			X		X	Demonstrate a mirroring technique against a partner shooting			X
6. Pivot	X			X	X	X	Demonstrate a pivot			X
Sport Skills/Football Fundamentals										
1. Pass		X		X	X	X	Pass a football to a stationary target from various distances			X
2. Catch		X		X	X	X	Catch a pass thrown with various amounts of force			X
3. Kick		X		X	X	X	Demonstrate kicking a football off of a tee at a target			X
4. Center		X		X	X	X	Snap or center the football to a target at a prescribed distance			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Sport Skills/Hockey Fundamentals										
1. Understand and demonstrate stick handling		X		X	X	X	Explain techniques for gripping a hockey stick	X	X	
2. Dribble		X		X	X	X	Dribble a puck a prescribed distance			X
3. Pass		X		X	X	X	Execute a proper hockey puck pass to a partner			X
4. Shoot		X		X	X	X	Shoot to a goal from stationary position			X
5. Understand and demonstrate goal keeping		X		X	X	X	Demonstrate the proper stance and techniques of a goal keeper			X
Sport Skills/Soccer Fundamentals										
1. Dribble		X		X	X	X	Dribble a soccer ball through a zig zag obstacle course			X
2. Trap		X		X	X	X	Trap a ball kicked with various amounts of force			X
3. Head		X		X	X	X	Head a tossed foam ball back to a partner while moving			X
4. Shoot		X		X	X	X	Kick a ball at a target			X

Target Skills	Introduced	Reinforced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
5. Pass		X		X	X	X	Pass to a moving target			X
6. Understand and demonstrate goal keeping		X		X	X	X	Demonstrate the proper stance and techniques of a goal keeper			X
Sport Skills/Softball Fundamentals										
1. Throw		X		X	X	X	Throw a softball to a target from various prescribed distances using an overhand motion		X	X
2. Catch		X		X	X	X	Catch a ball at various levels and absorb the force		X	X
3. Bat		X		X	X	X	Demonstrate proper stance for bating	X	X	
4. Understand and execute base running		X		X	X	X	Execute the proper sequence for base running		X	X
5. Understand and demonstrate fielding		X		X	X	X	Field a ball moving towards you with varying amounts of force		X	X
Sport Skills/Racquet Fundamentals										
1. Understand and demonstrate gripping		X		X	X	X	Apply a specified grip			X
2. Understand and demonstrate striking		X		X	X	X	Dribble a ball with a racquet or paddle			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Understand and demonstrate serving		X		X		X	Execute a drop serve over an object		X	X
Sport Skills/Tack and Field Fundamentals										
1. Understand and demonstrate running		X		X	X	X	Describe the difference between a sprint and a distance race	X	X	
2. Understand and demonstrate starting		X		X	X	X	Show a sprint start			X
3. Understand and demonstrate jumping		X		X	X	X	Execute a running long jump for distance			X
4. Understand and demonstrate landing		X		X	X	X	Demonstrate a proper landing position for a standing jump			X
5. Understand and demonstrate throwing		X		X	X	X	Recognize and utilize the restraining line used for the softball throw	X	X	X
6. Understand and demonstrate baton passing		X		X	X	X	Demonstrate proper hand exchange while stationary			X
Sport Skills/Volleyball Fundamentals										
1. Understand and demonstrate receiving		X		X	X	X	Receive a set pass			X
2. Understand and demonstrate passing		X		X	X	X	Perform a set pass			X
3. Understand and demonstrate serving		X		X	X	X	Demonstrate an underhand serve			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Personal and Social Behavior										
1. Follow, with few reminders, activity-specific rules, procedures, and etiquette		X		X	X	X	Accept the teacher's decision regarding a personal rule infraction without displaying negative reactions toward others			X
2. Utilize safety principles in activity situations		X		X		X	Arrange sports equipment safely in a manner appropriate to the task		X	X
							Identify appropriate safety practices, rules, etc. for chosen activities	X	X	X
3. Work cooperatively and productively with a partner or a small group		X			X	X	Take seriously their role to help one another become better at the skills involved		X	X
4. Work independently and on-task for short periods of time		X				X	Demonstrate on-task activity 90% of the time			X
5. Understand and demonstrate the Golden Rule		X		X	X	X	Exhibit behavior congruent with the Golden Rule	X	X	X
Values										
1. Explore cultural/ethnic self-awareness through participation in physical activity		X		X	X	X	Demonstrate a knowledge of his/her cultural/ethnic roots	X	X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Recognize the attributes that individuals with differences can bring to group activities		X		X	X	X	Demonstrate acceptance of the skills and abilities of others through verbal and nonverbal behavior		X	X
3. Experience differences and similarities among people of different backgrounds by participating in activities of national, cultural, and ethnic origins		X		X	X	X	Indicate respect for persons from different backgrounds and the cultural significance they attribute to various games, dances and physical activities	X	X	X
4. Experience enjoyment while participating in physical activity		X			X	X	Experience positive feelings as a result of involvement in physical activity		X	X
							Celebrate personal success and achievements as well as those of others		X	X
5. Enjoy practicing activities to increase skill competence		X			X	X	Express personal satisfaction in his or her accomplishment		X	X
6. Interact with friends while participating in group activities		X				X	Contribute as a participating member of a group			X
7. Use physical activity as a means of self-expression		X				X	Design games, gymnastics, and dance sequences that are personally interesting	X	X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Fundamental Body Management Skills										
1. Understand and demonstrate balance			X	X	X	X	Demonstrate control in both static and dynamic balance situations			X
2. Understand and demonstrate coordination			X	X	X	X	Perform smoothly and successfully more than one motor task at the same time			X
3. Understand and demonstrate laterality			X	X	X	X	Describe unilateral, bilateral and cross-lateral movements	X	X	
4. Understand and demonstrate directionality			X	X	X	X	Select and show how to combine two or more direction concepts moving in different pathways	X	X	X
5. Understand and demonstrate spacial awareness			X	X	X	X	Demonstrate awareness of personal and general space while integrating with other students in game situations			X
6. Understand and demonstrate body awareness			X	X	X	X	Combine shapes, levels, and pathways into simple sequences		X	X
7. Understand and demonstrate body identification			X	X	X	X	Identify five of the major muscles, bones, or joints	X		

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Fundamental Locomotor Skills										
1. Leap			X	X	X	X	Clarify the difference between a leap and a jump	X	X	
Fundamental Manipulative Skills										
1. Throw		X		X	X	X	Execute a variety of throwing patterns with accuracy while on the move		X	X
2. Catch		X		X	X	X	Catch a thrown ball using a variety of pathways and levels			X
3. Kick		X		X	X	X	Kick a ball from the hands with accuracy and distance			X
4. Strike		X		X	X	X	Strike a moving object with an implement from different positions with a partner or opponent			X
5. Bounce		X		X	X	X	Bounce a ball consecutively with control using either hand while moving			X
Skill-Related Fitness										
1. Understand and demonstrate balance		X		X	X	X	Demonstrate control in both static and dynamic balance situations			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Understand and demonstrate agility		X		X	X	X	Define and demonstrate the ability to change directions swiftly, easily and under control	X	X	X
3. Understand and demonstrate speed		X		X	X	X	Run a designated distance for time			X
4. Understand and demonstrate coordination		X		X	X	X	Perform smoothly and successfully more than one motor task at the same time			X
5. Understand and demonstrate power		X		X	X	X	Perform a jump and reach			X
Health-Related Fitness										
1. Learn and demonstrate knowledge of cardiovascular fitness		X		X	X	X	Explain the components of cardiovascular fitness, i.e., target heart rate, resting heart rate	X		
							Describe activities that enhance cardiovascular fitness		X	
							Perform any aerobic ability assessment			X
2. Learn and demonstrate flexibility		X		X	X	X	Know the difference between static and ballistic stretching	X		X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
							Apply various static stretches to all muscle groups			X
							Participate in a flexibility assessment, i.e., sit and reach			X
3. Learn and demonstrate muscular strength		X		X	X	X	Give examples of muscular strength exercises and the benefits to a particular muscle group	X	X	
							Describe how to safely increase physical strengths	X	X	
							List benefits of muscular strength to a healthy lifestyle	X	X	
4. Learn and demonstrate muscular endurance		X		X	X	X	Give examples of muscular endurance exercises and the benefits to a healthy life style	X	X	
							Describe how to safely increase muscular endurance	X	X	
							Explain how low resistance with high repetition can increase muscular endurance	X	X	

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
5. Demonstrate understanding of body composition		X		X	X	X	Demonstrate knowledge of skin calipers and other body fat measurement instruments	X	X	
Creative Rhythms										
1. Understand tempo, beat, meter, accent, mood, intensity, phrase and rhythmic patterns		X		X	X	X	Design and exhibit a survey of creative movements using a theme		X	X
2. Interpret and move to different rhythms		X		X	X	X	Create an original routine using movement patterns with even and uneven rhythms		X	X
3. Use props as a means of creative expression		X		X	X	X	Develop a creative movement routine using props			X
Folk Dance										
1. Learn formations, i.e., scattered circle, square, lines, star....		X		X	X	X	Execute formations as directed by changes in the music		X	X
2. Show sequencing of locomotor and nonlocomotor skills		X			X	X	Execute combinations of locomotor and nonlocomotor skills in prescribed dances		X	X
3. Display a knowledge of established patterns		X		X		X	Perform a grapevine step			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
4. Recognize partner and nonpartner groupings		X		X	X		Change groupings according to dance directions		X	X
5. Recognize cultural heritage and origins of various folk dances		X		X	X		Describe cultural aspects of a specific folk dance	X		
6. Acknowledge etiquette associated with folk dance		X		X		X	Exhibit appropriate social courtesies			X
Social Dance										
1. Learn formations, i.e., scattered, circle, square, lines, star...		X		X	X	X	Execute formations as directed by changes in the music		X	X
2. Show sequencing of locomotor and nonlocomotor skills		X			X	X	Execute combinations of locomotor and nonlocomotor skills in prescribed dances		X	X
3. Exhibit a knowledge of established patterns		X		X		X	Execute slow-slow-quick-quick movement of feet			X
							Execute basic jitterbug and swing steps		X	
4. Recognize partner and nonpartner groupings		X		X	X		Change groupings according to dance directions		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
5. Acknowledge and apply etiquette associated with social dance		X		X		X	Extend or accept an invitation to dance			X
Rope Jumping										
1. Turn the rope			X			X	Turn the rope continously for 30 seconds			X
2. Identify and perform various foot patterns		X		X	X	X	Identify and perform various foot patterns	X	X	X
3. Identify and perform various rope patterns		X		X	X	X	Perform various rope patterns (arm crosses)	X	X	X
4. Work with two or more individuals to turn and jump with long rope		X				X	Work with two or more individuals in turn and jump with long rope			X
Juggling										
1. Juggle with scarves		X			X	X	Juggle scarves		X	X
2. Juggle with bean bags		X			X	X	Juggle bean bags		X	X
3. Juggle with balls		X			X	X	Juggle balls		X	X
4. Juggle with rings	X				X	X	Juggle rings		X	X
5. Juggle with clubs	X				X	X	Juggle clubs		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Games										
1. Demonstrate knowledge of rules for age-appropriate games	X	X		X			Play games such as Maze Tag, Star Wars, Touchdown, Scooter Kickball, and Whistle Ball correctly	X	X	X
Stunts and Tumbling Fundamentals										
1. Understand and demonstrate forward movements		X		X	X	X	Develop and perform a series of forward rolls into a routine	X	X	X
2. Understand and demonstrate backward movements		X		X	X	X	Accomplish a backward straddle roll			X
3. Understand and demonstrate sideward movements		X		X	X	X	Perform a round-off			X
4. Understand and demonstrate formations		X		X	X	X	Explain and perform a six-person pyramid	X	X	X
Sport Skills/Basketball Fundamentals										
1. Dribble		X		X	X	X	Dribble while pivoting			X
2. Pass		X		X	X	X	Demonstrate all types of passes to a moving target			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Dribble		X		X	X	X	Dribble a puck while being defended			X
3. Pass		X		X	X	X	Execute a variety of passes to a moving target			X
4. Shoot		X		X	X	X	Shoot a puck to a defended goal from various angles and distances			X
5. Understand and demonstrate goal keeping		X		X	X	X	Defend the goal from a prescribed number of shots			X
6. Understand and demonstrate tackling	X			X	X	X	Show proper technique of tackling a puck from a stationary opponent			X
Sports Skills/Soccer Fundamentals										
1. Dribble		X		X	X	X	Dribble a soccer ball a specified distance while being defended			X
2. Trap		X		X	X	X	Demonstrate the chest and thigh trapping techniques			X
3. Head		X		X	X	X	Demonstrate proper heading technique when taking off with one or two feet			X
4. Shoot		X		X	X	X	Kick a ball at a target while being defended			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
5. Pass		X		X	X	X	Demonstrate a variety of pass techniques to a still target			X
6. Understand and demonstrate goal keeping		X		X	X	X	Defend the goal from a prescribed number of shots			X
Sport Skills/Softball Fundamentals										
1. Throw		X		X	X	X	Throw a softball to a target from various prescribed distances using an overhand motion		X	X
2. Catch		X		X	X	X	Execute a catch-throw combination at various levels with varying amounts of force		X	X
3. Bat		X		X	X	X	Hit a pitched ball			X
4. Understand and execute base running		X		X	X	X	Explain the one or two strategies involved in base running	X	X	
5. Understand and demonstrate fielding		X		X	X	X	Field a ball moving towards you with varying amounts of force and at a variety of levels		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Sports Skills/Racquet Fundamentals										
1. Understand and demonstrate gripping		X		X	X	X	Demonstrate grips for different racquets		X	X
2. Understand and demonstrate striking		X		X	X	X	Demonstrate a forehand and backhand stroke in an activity situation		X	X
3. Understand and demonstrate serving		X		X		X	Execute an overhand serve at a target		X	X
Sport Skills/Track and Field Fundamentals										
1. Understand and demonstrate running		X		X	X	X	Describe why pacing is important in running	X	X	
2. Understand and demonstrate starting		X		X	X	X	Demonstrate either a standing or spring start in a race situation			X
3. Understand and demonstrate jumping		X		X	X	X	Execute a standing hop-step-jump			X
4. Understand and demonstrate landing		X		X	X	X	Demonstrate a proper landing position for a standing hop-step-jump			X
5. Understand and demonstrate throwing		X		X	X	X	Execute a throw for distance			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
6. Understand and demonstrate baton passing		X		X	X	X	Demonstrate a proper moving baton exchange within the lane zone			X
Sports Skills/Volleyball fundamentals										
1. Understand and demonstrate receiving		X		X	X	X	Receive a serve			X
2. Understand and demonstrate passing		X		X	X	X	Execute a bump pass			X
3. Understand and demonstrate serving		X		X	X	X	Explain the technique of an overhand serve	X	X	
Personal and Social Behavior										
1. Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations		X		X	X	X	Identify the critical dimensions of safety for an activity	X	X	X
							Establish rules and procedures that adequately address the potential safety problems of an activity	X	X	X
							Choose between acts of "courage" and reckless acts	X	X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
							Demonstrate concern for safety in self-designed activities	X	X	X
2. Make conscious decisions about applying rules, procedures, and etiquette		X		X	X	X	Make responsible decisions about using time, applying rules, and following through with decisions made		X	X
3. Work cooperatively and productively in a group to accomplish a set goal in both cooperative and competitive activities		X			X	X	Remain on-task in a group activity without close teacher monitoring	X	X	X
							Choose a partner that he or she can work with productively	X	X	X
4. Utilize time effectively to complete assigned tasks		X			X	X	Use time wisely when given the opportunity to practice and improve performance			X
5. Acknowledge differences in the behaviors of people of different gender, culture, ethnicity, and disability and seek to learn more about both similarities and differences		X		X	X	X	Describe the role of games, sports, and dance in getting to know and understand others of like and different backgrounds	X	X	

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
6. Cooperate with disabled peers and those of different gender, race, and ethnicity		X		X	X	X	Demonstrate, through verbal and nonverbal behavior, cooperation with peers of different gender, race and ethnicity in physical activity setting			X
7. Work cooperatively with both more or less skilled peers		X			X	X	Seek out, participate with, and show respect for persons of like and different skill levels		X	X
Values										
1. Recognize physical activity as a positive opportunity for social and group interaction		X			X	X	Recognize the role of games, sports, and dance in getting to know and understand self and others		X	X
2. Demonstrate enjoyment from participation in physical activities		X			X	X	Explain the benefits resulting from participation in various activities	X		X
3. Use physical activity to express feelings		X		X	X	X	Describe ways to use the body and movement activities to communicate ideas and feelings	X	X	X
4. Seek personally challenging experiences in physically active opportunities		X		X	X	X	Seek physical activity in informal settings that utilize skills and knowledge gained in physical education classes		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Fundamental Body Management Skills										
1. Understand and demonstrate balance			X	X	X	X	Demonstrate control in both static and dynamic balance situations			X
2. Understand and demonstrate coordination			X	X	X	X	Perform smoothly and successfully more than one motor task at the same time			X
3. Understand and demonstrate laterality			X	X	X	X	Describe unilateral, bilateral and cross-lateral movements	X	X	
4. Understand and demonstrate directionality			X	X	X	X	Select and show how to combine two or more direction concepts moving in different pathways	X	X	X
5. Understand and demonstrate spacial awareness			X	X	X	X	Demonstrate awareness of personal and general space while interacting with other students in game situations			X
6. Understand and demonstrate body awareness			X	X	X	X	Combine shapes, levels, and pathways into simple sequences		X	X
7. Understand and demonstrate body identification			X	X	X	X	Identify five of the major muscles, bones, or joints	X		

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Fundamental Manipulative Skills										
1. Throw		X		X	X	X	Execute a variety of throwing patterns with accuracy while on the move		X	X
2. Catch		X		X	X	X	Catch a thrown ball using a variety of pathways and levels			X
3. Kick		X		X	X	X	Kick a ball from the hands with accuracy and distance			X
4. Strike		X		X	X	X	Move to varying pathway of the ball and strike it			X
5. Bounce		X		X	X	X	Bounce a ball consecutively with control using either hand while moving			X
Skill-Related Fitness										
1. Understand and demonstrate balance		X		X	X	X	Demonstrate control in both static and dynamic balance situations			X
2. Understand and demonstrate agility		X		X	X	X	Define and demonstrate the ability to change directions swiftly, easily and under control	X	X	X
3. Understand and demonstrate speed		X		X	X	X	Run a designated distance for time			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
4. Understand and demonstrate coordination		X		X	X	X	Perform smoothly and successfully more than one motor task at the same time			X
5. Understand and demonstrate power		X		X	X	X	Perform a jump and reach			X
Health-Related Fitness										
1. Learn and demonstrate knowledge of cardiovascular fitness		X		X	X	X	Explain the components of cardiovascular fitness, i.e., target heart rate, resting heart rate	X		
							Describe activities that enhance cardiovascular fitness		X	
							Perform any aerobic ability assessment			X
2. Learn and demonstrate flexibility		X		X	X	X	Know the difference between static and ballistic stretching	X		X
							Apply various static stretches to all muscle groups			X
							Participate in a flexibility assessment, i.e., sit and reach			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Learn and demonstrate muscular strength		X		X	X	X	Give examples of muscular strength exercises and the benefits to a particular muscle group	X	X	
							Describe how to safely increase physical strengths	X	X	
4. Learn and demonstrate muscular endurance		X		X	X	X	Give examples of muscular endurance exercises and the benefits to a healthy life style	X	X	
							Describe how to safely increase muscular endurance	X	X	
5. Demonstrate understanding of body composition		X		X	X	X	Demonstrate knowledge of skin calipers and other body fat measurement instruments	X	X	
Creative Rhythms										
1. Understand tempo, beat, meter, accent, mood, intensity, phrase and rhythmic patterns		X		X	X	X	Design and exhibit a series of creative movements using a theme		X	X
2. Interpret and move to different rhythms		X		X	X	X	Create a movement routine, alone or with others, with even or uneven rhythms using a variety of equipment		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Use props as a means of creative expression which incorporates academic subjects.		X		X	X	X	Develop a creative movement routine using props			X
Folk Dance										
1. Learn formations, i.e., scattered circle, square, lines, star...		X		X	X	X	Execute formations as directed by changes in the music		X	X
2. Show sequencing of locomotor and nonlocomotor skills		X			X	X	Execute combinations of locomotor and nonlocomotor skills in prescribed dances		X	X
3. Display a knowledge of established patterns		X		X		X	Perform a schottische step			X
4. Recognize partner and nonpartner groupings		X		X	X		Change groupings according to dance directions		X	X
5. Recognize cultural heritage and origins of various folk dances		X		X	X		Compare cultural aspects of various folk dances	X	X	
6. Acknowledge etiquette associated with folk dance		X		X		X	Exhibit appropriate social courtesies			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Social Dance										
1. Learn formations, i.e., scattered, circle, square, lines, star...		X		X	X	X	Execute formations as directed by changes in the music		X	X
2. Show sequencing of locomotor and nonlocomotor skills		X			X	X	Execute combinations of locomotor and nonlocomotor skills in prescribed dances		X	X
3. Exhibit a knowledge of established patterns		X		X		X	Execute triplet pattern of a waltz and other slow dance patterns			X
4. Recognize partner and nonpartner groupings		X		X	X		Change groupings according to dance directions		X	X
5. Acknowledge etiquette associated with social dances		X		X		X	Extend or accept an invitation to dance			X
							Exhibit appropriate etiquette for slow dancing			X
Rope Jumping										
1. Identify and perform various foot patterns		X	X		X	X	Perform various foot patterns		X	X
2. Identify and perform various rope patterns		X	X		X	X	Perform various rope patterns (arm crosses)		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Work with two or more individuals to turn and jump with long rope		X				X	Work with two or more individuals to turn and jump with long rope			X
Juggling										
1. Juggle with scarves		X			X	X	Juggle scarves		X	X
2. Juggle with bean bags		X			X	X	Juggle bean bags		X	X
3. Juggle with balls		X			X	X	Juggle balls		X	X
4. Juggle with rings	X				X	X	Juggle rings		X	X
5. Juggle with clubs	X				X	X	Juggle clubs		X	X
Games										
1. Demonstrate knowledge of rules for age-appropriate games	X			X			Play games such as Cageball Target, Throw, Whammy Team Handball, Octopus, and Over the Wall correctly	X	X	X
Stunts and Tumbling Fundamentals										
1. Understand and demonstrate forward movements		X		X	X	X	Develop and perform a series of forward rolls into a routine	X	X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Understand and demonstrate backward movements		X		X	X	X	Perform a combination of forward and backward rolls into a routine			X
3. Understand and demonstrate sideward movements		X		X	X	X	Develop and perform a combination of forward, backward and sidewards movements in a routine			X
4. Understand and demonstrate formations		X		X	X	X	Use a variety of people and positions to create gymnastics formations	X	X	X
Sport Skills/Basketball Fundamentals										
1. Dribble		X		X	X	X	Dribble while pivoting			X
2. Pass		X		X	X	X	Demonstrate all types of passes to a moving target			X
3. Catch		X		X	X	X	Catch a ball passed from different levels and with varied amounts of force			X
4. Shoot		X		X		X	Execute a jump shot using proper technique			X
5. Defend		X		X	X	X	Defend an opponent using a variety of directions, levels, and pathways			X
6. Pivot		X		X	X	X	Perform a pivot while being guarded			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Sport Skills/Football Fundamentals										
1. Pass		X		X	X	X	Pass a football to a moving target while in motion			X
2. Catch		X		X	X	X	Catch a thrown football while moving in a variety of directions			X
3. Kick		X		X	X	X	Punt for height and accuracy after receiving a football			X
4. Center		X		X	X	X	Snap or center the football to a target at a prescribed distance			X
Sport Skills/Hockey Fundamentals										
1. Understand and demonstrate stick handling		X		X	X	X	Use proper stick handling technique in an activity situation			X
2. Dribble		X		X	X	X	Dribble a puck while being defended			X
3. Pass		X		X	X	X	Execute a variety of passes to a moving target			X
4. Shoot		X		X	X	X	Shoot a puck from various angles and distances while moving to a defended goal			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
5. Understand and demonstrate goal keeping		X		X	X	X	Defend the goal from a prescribed number of shots			X
6. Understand and demonstrate tackling		X		X	X	X	Show proper technique of tackling a puck from a stationary opponent			X
Sport Skills/Soccer Fundamentals										
1. Dribble		X		X	X	X	Dribble a soccer ball a specified distance while being defended in an activity situation			X
2. Trap		X		X	X	X	Demonstrate the chest and thigh trapping techniques			X
3. Head		X		X	X	X	Demonstrate proper heading techniques in an activity situation			X
4. Shoot		X		X	X	X	Kick a moving ball at a target while being defended			X
5. Pass		X		X	X	X	Demonstrate a variety of pass techniques to a moving target			X
6. Understand and demonstrate goal keeping		X		X	X	X	Defend the goal from a prescribed number of shots			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Sport Skills/Softball Fundamentals										
1. Throw		X		X	X	X	Throw a softball to a target from various prescribed distances using an overhand motion		X	X
2. Catch		X		X	X	X	Execute a catch-throw combination at various levels with varying amounts of force		X	X
3. Bat		X		X	X	X	Hit a pitched ball			X
4. Understand and execute base running		X		X	X	X	Explain the one or two strategies involved in base running	X	X	
5. Understand and demonstrate fielding		X		X	X	X	Field a ball moving towards you with varying amounts of force and at a variety of levels		X	X
Sport Skills/Racquet Fundamentals										
1. Understand and demonstrate gripping		X		X	X	X	Demonstrate grips for different racquets		X	X
2. Understand and demonstrate striking		X		X	X	X	Demonstrate a forehand and backhand stroke in an activity situation		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Understand and demonstrate serving		X		X		X	Execute an overhand serve at a target		X	X
Sport Skills/Track and Field Fundamentals										
1. Understand and demonstrate running		X		X	X	X	Describe the difference between aerobic and anaerobic stages of running and conditioning	X	X	
2. Understand and demonstrate starting		X		X	X	X	Demonstrate either a standing or sprint start in a race situation			X
3. Understand and demonstrate jumping		X		X	X	X	Execute a standing hop-step-jump			X
4. Understand and demonstrate landing		X		X	X	X	Demonstrate a proper landing position for a standing hop-step-jump			X
5. Understand and demonstrate throwing		X		X	X	X	Execute a throw for distance			X
6. Understand and demonstrate baton passing		X		X	X	X	Demonstrate a proper moving baton exchange within the lane zone			X
Sport Skills/Volleyball Fundamentals										
1. Understand and demonstrate receiving		X		X	X	X	Receive an overhand serve			X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
2. Understand and demonstrate passing		X		X	X	X	Set pass to a partner			X
3. Understand and demonstrate serving		X		X	X	X	Demonstrate an overhand serve			X
4. Understand and demonstrate hitting	X			X	X	X	Explain hitting technique	X	X	
Personal and Social Behavior										
1. Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations		X		X	X	X	Identify the critical dimensions of safety for an activity	X	X	X
							Establish rules and procedures that adequately address the potential safety problems of an activity	X	X	X
							Choose between acts of "courage" and reckless acts	X	X	X
2. Make conscious decisions about applying rules, procedures, and etiquette		X		X	X	X	Make responsible decisions about using time, applying rules, and following through with decisions made		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
3. Work cooperatively and productively in a group to accomplish a set goal in both cooperative and competitive activities		X		X	X	X	Remain on task in a group activity without close teacher monitoring	X	X	X
							Choose a partner that he or she can work with productively			
4. Utilize time effectively to complete assigned tasks		X					Use time wisely when given the opportunity to practice and improve performance			X
5. Acknowledge differences in the behaviors of people of different gender, culture, ethnicity, and disability and seek to learn more about both similarities and differences		X		X	X	X	Describe the role of games, sports, and dance in getting to know and understand others of like and different backgrounds	X	X	
6. Cooperate with disabled peers and those of different gender, race, and ethnicity		X		X	X	X	Demonstrate, through verbal and nonverbal behavior, cooperation with peers of different gender, race and ethnicity in physical activity setting			X
7. Work cooperatively with both more or less skilled peers		X			X	X	Seek out, participate with, and show respect for persons of like and different skill levels		X	X

Target Skills	Intro-duced	Rein-forced	Long Term	Factual Level	Applied Analysis	Synth Eval	Sample Assessment Methods	Factual Level	Applied Analysis	Synth Eval
Values										
1. Recognize physical activity as positive opportunity for social and group interaction		X			X	X	Recognize the role of games, sports, and dance in getting to know and understand self and others		X	X
2. Demonstrate enjoyment from participation in physical activities		X			X	X	Explain the benefits resulting from participation in various activities	X		X
3. Use physical activity to express feelings		X		X	X	X	Describe ways to use the body and movement activities to communicate ideas and feelings	X	X	X
4. Seek personally challenging experiences in physically active opportunities		X		X	X	X	Seek physical activity in informal settings that utilize skills and knowledge gained in physical education classes		X	X

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